

FROM COUNTRYSIDE AND HAMLET

BY JOVE!

said a well educated man the other day when he was asked this question: "Why, when you have a cold, a cough or bronchitis (troubles, you will note, of throat and chest) do you persist in pouring cough syrups, lung tonics and the like into your stomach, which is perfectly sound?"

Peps

DARKEN GRAY HAIR, LOOK YOUNG, PRETTY

Sage Tea and Sulphur Darkens So Naturally That Nobody Can Tell. Hair that loses its color and lustre, or when it fades, turns gray, dull and lifeless, is caused by a lack of sulphur in the hair.

HEAVY MEAT EATERS HAVE SLOW KIDNEYS

Man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick.

Do You Like SAUSAGE?

Every ounce of my sausage is made here out of the best pork I can get. I season with the utmost care, and I can promise you something you will not find elsewhere.

A. Hood,

Cor. Earl and Jarvis Streets. Phone 407.

These are only a few of the delicious desserts you can make with BENSON'S CORN STARCH. The good cook will tell you that she always mixes BENSON'S with the wheat flour, no matter what she is baking.

You Are Invited to come into this store whenever you like. Our stock is open for inspection and we are willing to answer any questions regarding the goods we carry. From coast to coast we have sent our orders for goods to fill your requirements and in making our selections the most reputable makers were considered.

WOMAN HAD NERVOUS TROUBLE Lydia E. Pinkham's Vegetable Compound Helped Her. West Danby, N. Y. "I have had nervous trouble all my life until I took Lydia E. Pinkham's Vegetable Compound for nerves."

For Preserving & Pickling We sell nothing but the best in Sugars, Spices and Vinegars. J. R. B. Gage. The Premium Store. Montreal St. Phone 349

NOTICE TO CONTRIBUTORS. News letters intended for publication need not be sealed. Simply fold in the flap and a one-cent stamp will carry them.

Frontenac

DONALDSON. Oct. 16.—A baby girl has come to stay at the home of N. Morrow. Mrs. S. J. Allan spent Sunday at R. J. Sproule's.

GLENDOWER. Oct. 17.—The late rain done a lot of good. It made the pasture look green. Mrs. Daniel Caster's horse got its leg broke on the track between the cars and had to be shot.

MOSCOW. Oct. 17.—Mrs. Everett Van Luven and son, Wary, are seriously ill with typhoid fever. Mr. and Mrs. Stanley Hart, of the C.N.R. station, has returned after spending their holiday in Quebec.

CLARENDON. Oct. 16.—Miss Annie Stewart and Tena Ferguson, Elphin, visited at J. Glenn, Sr.'s over the week-end. Pte. Ambrose Botes, 146th, spent a few days at his home here.

PERTH ROAD. Oct. 16.—What might have proved a very bad accident occurred last week when Sheridan Orser got his foot badly jammed while working on the section. He was helping to carry an iron rail when one end was let fall by a number of men, thus placing the whole weight on the other end, which fell heavily on his foot.

ST. LAWRENCE. Oct. 13.—Owing to the dry weather the people in this district are delayed in plowing. The sale on Oct. 7th, which was held at the residence of Miss Martha Hennessy was well attended and everything was sold at a high figure.

BUNKER HILL. Oct. 13.—Most of the farmers have their potatoes dug and find them a poor crop. Some new buildings are being erected at the Worth Spar mine, and also at the A. D. Hopkins mine, as well as elsewhere in the neighborhood.

HOLLEFORD. Oct. 17.—School is progressing favorably with Miss Reynolds as teacher. Sympathy is extended to G. Smith, who is confined to his room suffering from injuries sustained in a fall.

with relatives in Ottawa. Miss Florence Vanluven spent Sunday at Babcock's. Miss Alice Walker, Elginburg, spent her parents. Mrs. John Redmond has returned to her home at Kepler after spending a week with her son, Alfred Redmond.

HARROWSMITH. Oct. 16.—Miss Ada Botting, who is in Kingston General Hospital recovering from an operation for appendicitis, is doing well. Mrs. Frank Walker is slowly recovering from an operation performed a few days ago.

PURVIS STREET. Oct. 17.—Miss Minnie Gibson, of Gananoque, was spending a few days visiting M. L. Gibson and her sister, Mrs. John Michay. Mrs. James Eligh went to see her nephew, Pte. Stanley Gibson, before he went back to Kingston.

MORTON. Oct. 16.—Miss A. Willis has gone to spend a few days with her daughter, Mrs. J. Darner, Berryton. C. R. Willis has returned after spending the past month in the west.

CHARLESTON. Oct. 17.—Among the recent guests at Foster's hotel were: H. P. Bingham, R. A. Whitney, J. C. Brown, D. Murray, Prescott, R. A. Montgomery, Lambert, N. B. C. Kuser, Trenton, N.J., C. A. Ridge, way, Columbus, N.J.; W. T. Harkness, New Bismarck, N.J. Mrs. W. Stuart and little son, Brockville, were recent visitors at T. Spence's.

MOREWOOD. Oct. 15.—Rev. Charlesworth, Avonmore, conducted missionary sermons in the Methodist church here on Sunday. Mrs. George Bogart spent Thanksgiving with friends in Montreal.

Leeds. Oct. 16.—The potato crop is very light in this vicinity. Allan Earl has returned from the north-west after a month's stay. Mrs. Edward Vandenberg is residing at the home of C. F. Leeder.

PORTLAND. Oct. 16.—A Gallagher disposed of a cartload of coal in the village last week. H. L. Morris has gone to Ottawa, where he secured a position in the Militia Department. Mrs. W. H. Bolton and daughter, Hilda, are spending a few days with friends in Ottawa.

Scovil has returned home from a visit with his son Sim, of Ottawa.

WESTPORT. Oct. 16.—R. Whaley has received a cable announcing the safe arrival in England of his son, Lieut. S. D. Whaley, with the 146th Battalion. Miss Marguerite McCann, Mallorytown, and Miss Jule, Burritt's Rapids, spent Thanksgiving at their home here.

MAPLE GROVE. Oct. 16.—Mrs. George Green, of Devil Lake, while visiting her sister, Mrs. Frederick Wood, here, died very suddenly on Friday morning. Her husband, Mr. S. L. Green, and one child to mourn her loss.

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Blackburn, Phillipsville, was a recent guest of Mr. and Mrs. James Rags, Athens. Before his departure for overseas a number of friends gathered at the home of Pte. Gerald Batsford, near Charleston, to say farewell. A pleasant evening was spent, and many wishes were expressed that he might have a safe voyage overseas and see a glorious victory in the near future.

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has gone to North Bay to spend the winter with her daughter, Mrs. Donaldson. Miss Grace McCormac has been spending a few days with her sister, Mrs. Bernard Oswald.

MALCOLM MILLS. Oct. 16.—Farmers are ploughing although rain is badly needed. The potato crop was very poor in this vicinity. Miss Julie Leeder is visiting her sister, Mrs. L. O'Grady, Warburton. Joseph Leeder and daughter, Mammie, were week-end guests of Mr. and Mrs. Frank Slack, Lynn.

ENTERPRISE. Oct. 15.—Filling silos and threshing are the order of the day, and neither jobs are very heavy this year as both grain and corn are a very poor crop in this section. A number from here attended the lecture in the Y.M. Hall, Chippewa, Wednesday evening, and spent a good time, and also the ball in Centerville Friday evening.

STELLA. Oct. 16.—Threshing is completed throughout the township, and farmers are ploughing, haying, and other roots. Potatoes are turning out better than expected, and in many cases are a good crop. Apples are very scarce and of poor quality.

EVERGREEN VALLEY. Oct. 17.—Potatoes are a very light crop through here. Mrs. G. A. Gates is very ill at her sister's, Mrs. Anson Martineau, Westbrook. The party at Mr. Lakin's proved most enjoyable.

CHERRY VALLEY. Oct. 17.—The farmers are getting in corn and roots. G. Theobald is moving into his new house. Mrs. Taylor is settled in her new home. Women from this place are going to Picton to work in the canning factory.

MABERLY. Oct. 16.—Farmers have finished digging potatoes and report a light crop. Mr. Watt is cutting corn and filling silos before starting threshing. Mrs. Thomas Wesley spent Thanksgiving in Kingston with her daughter, Miss Blanche Wesley, nurse-in-training in the General Hospital, Kingston.

Lennox and Addington

EVERGREEN VALLEY

CHERRY VALLEY

ODESSA

PRINCE EDWARD

CHERRY VALLEY

BONGARD'S

LANARK

MABERLY

Dr. Chase's Ointment. BEAUTY OF THE SKIN is the natural desire of every woman, and to obtain it by the use of Dr. Chase's Ointment...